

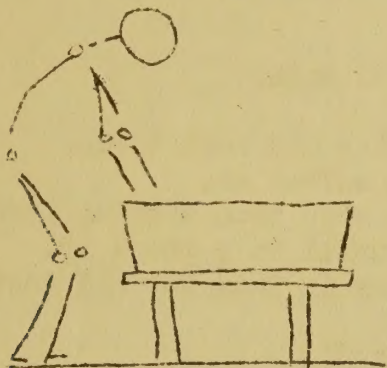
I Things to remember about washing:

- 1 Dirt or sweat left in clothes rot the cloth.
- 2 Clothes should be washed often -- you should never let clothes get real dirty.
- 3 It does not wear clothes out as badly to wash them often as it does to let them get real dirty and then have to scrub hard.
- 4 It does not tire you as much to wash more clothes that are not so dirty as it does to wash a few very dirty ones.
- 5 Clothes never look very clear or bright and clean after they once get real dirty.

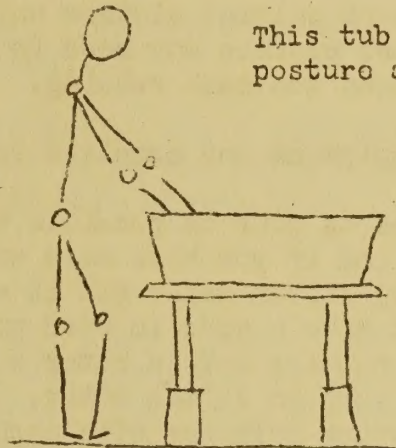
II Equipment you must have to do a good job washing and ironing:

- 1 At least 2 tubs on a bench the right height for comfortable use.
- 2 A good wash board or a vacuum cup hand washer and a scrub brush.
- 3 A good rope or smooth wire line for hanging the clothes to dry.
- 4 Plenty of clothes pins.
- 5 A smooth table or board for ironing.
- 6 At least 2 sad irons (4 to 6 lbs.) or an electric iron.

This tub is too low
for comfort.

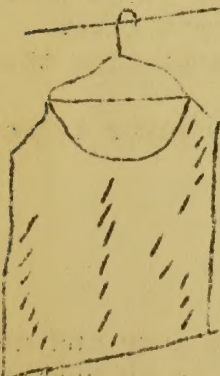


This tub encourages correct
posture and ease of work.

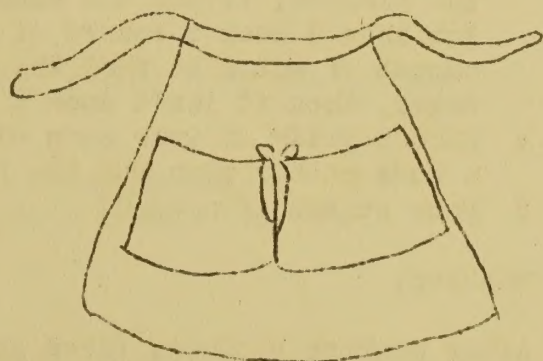


III Other equipment that can be had with little cost to make the job easier:

- 1 A wringer fastened to a framework between the two tubs on the bench.
- 2 A clothes basket for carrying the clothes to and from the line.
- 3 A clothes pin apron or a clothes pin bag fitted on a coat hanger which can be hung over the line.



A convenient clothespin bag
to hang on the clothes line.



Utility apron made from a yard of
material. The roomy pockets may be
used for clothes pins.

- 4 A table on small wheels for the clothes basket to sit on to save so much stooping in hanging out and bringing in clothes.
- 5 A high stool to sit on while ironing.

IV Getting the clothes ready to wash:

- 1 Empty pockets.
- 2 Take off large buttons and trimmings.
- 3 Mend all tears and rips as they become larger with washing.
- 4 Remove stains.
- 5 Divide clothes into groups to be washed.
 - 1st -- Less dirty white clothes. (Bed clothes, table linens, etc.)
 - 2nd -- Dirtier white clothes (towels, dish towels)
 - 3rd -- Light, fast-colored clothes (towels, dish towels)
 - 4th -- Dark colored clothes.
 - 5th -- Heavy work clothes, as overalls, coveralls, work shirts, overall jackets, etc.
 - 6th -- Woolens, rayons, and silks should be washed separately one at a time, washing, rinsing, and drying without stopping to wash another garment between operations.
- 6 Soak white clothes and very dirty ones; it saves time and work and wear on the clothes.
 - a Use soft, lukewarm suds for soaking - soak 15 to 20 minutes.
 - b Dampen and rub dirty spots with soap and roll up tightly before putting in soaking water.
 - c Do not soak colored clothes unless you are sure they are fast colored.
 - d Heavy work clothes may need to be soaked, so all the dirt will come out without too much rubbing.

V Getting the equipment and supplies ready to wash:

- 1 Arrange tubs as near as possible to water and work table.
- 2 Heat water and if you have hard water, soften it.
 - a Soap will soften water but it costs more than washing soda. Soap will not make a suds in hard water until it softens it.
 - b Washing powders have a water softener in them but all cost more than washing soda to soften water.
- 3 To make a water softener with washing soda:

Mix one pound of washing soda with one quart of boiling water and stir until dissolved. This can be stored in jars if labeled "water softener". Add one cupful of this solution to your wash water at a time and stir well until a little of the water will give a good suds with a small amount of soap. If the water feels soapy, or slick when rubbed between the fingers, it has too much softener and more water needs to be added. You should keep a record of how much softener it takes for a given amount of water so that the same amount can be used for softening the water, then it isn't such a job after the first time.

- 4 Make a jolly of your soap with hot water, add this to the water to make a suds rather than rub the bar of soap on the clothes.
- 5 Make starch if needed.

VI Washing:

After soaking clothes, force suds through them by pushing them up and down in hot suds with the hands, with the vacuum cup hand washer or by rubbing

soap on clothes on a wash board and pushing them through the suds after each stroke on the board.

If boiling is desired, wash clothes in fresh suds first and boil them only 5 to 10 minutes. Longer boiling tends to yellow clothes. Boiling in lye water whitens clothes but it also wears them out. If a bleach is desired, use Javelle water. (Directions for making and using on last page). Clothes that are washed right should not need to be boiled often. A sick person's clothes should be boiled to sterilize them for future use.

VII Rinsing:

- 1st -- Rinse clothes thoroughly in plenty of hot, clear, soft water by forcing water through them the same as in washing. When soap is left in clothes, they become grey or yellow and do not smell clean and fresh. Cold water for the first rinse hardens the soap and makes it hard to get out.
- 2nd -- Follow warm rinse with a cool rinse. If clothes are rinsed well, they need no bluing.

VIII Starching:

- 1 Starch helps to keep clothes clean longer.
- 2 Starch should be used as hot as your hands can stand, worked well into the clothes so that there will be no glazed spots when ironed.
- 3 Keep starch very thin.
- 4 Always starch clothes while damp. Turn clothes wrong side out and shake out well before dipping into starch.
- 5 How to make starch:
Mix $\frac{1}{4}$ cup starch, $\frac{1}{4}$ cup cold water, add 5 cups boiling water slowly, boil 2 or 3 minutes until clear. It is the boiling which keeps starch from sticking. Add warm water to make starch thin.

IX Hanging out to dry:

- 1 Wipe clothes line off with a clean cloth before hanging clothes to dry.
- 2 Hang clothes on the straight of the goods and by the bands if possible.
- 3 Fold sheets and other larger pieces right side out hem to hem. Place on the line smoothly so that hemmed edges hang over the line about 12 inches and pin in 3 or 4 places.
- 4 Hang pillow slips with the closed end folded over the line 6 inches.
- 5 Hang shirts by the tails and dresses by the hems or on coat hangers.
- 6 When dry, take clothes from the line and fold all straight pieces to keep from wrinkling and to save time later and place in the basket.

X Preparing clothes to iron:

- 1 Dampen clothes by sprinkling warm water evenly over the clothes.
- 2 Pull pieces into shape.
- 3 Fold and roll tight.
- 4 Pack in the clothes basket or tub and cover tightly.
- 5 Let stand at least half an hour to dampen evenly all over.

XI Ironing:

- 1 Have board well padded with a clean pad. Have cover fastened so it does not slip or wrinkle.

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2. Keep irons clean and smooth. Sad irons should be waxed often to keep them smooth.
3. Iron in straight strokes up and down or across to keep clothes from puckering.
4. Iron first the parts of the garment which will hang off the board while the other part is being ironed.
5. Hang clothes on a rack to dry thoroughly before folding to store.
6. Fold in convenient sizes to be stored. Hang dresses and shirts on hangers to store if possible.

TO MAKE JAVELLE WATER:

Javelle Water costs less than ready prepared bleaches. It may be used as outlined for bleaching grey or yellow clothes.

1. Dissolve 1 pound washing soda in 1 quart boiling water in granite pan.
2. Mix 1/2 pound chloride of lime with 2 quarts cold water.
3. Mix (1) and (2) stirring well. Let mixture settle and clear. Pour off the clear liquid through a thin cloth into dark bottles, label and store.

To bleach put 1 pint Javelle Water in 1 gallon of cold or lukewarm water. Put clothes to be bleached in this mixture for not longer than half an hour. Rinse well in a mixture of 1 tablespoon of ammonia to 2 quarts of water.

HOMEMADE SOAP

5 1/2 lbs. fat	4 heaping tablespoons borax dissolved
1 lb. lye	in
6 1/2 cups cold water (soft)	1 cup hot water

Cover lye with cold water in stone or enamel container. Cool. Add dissolved borax to the lye. Melt fat, strain slowly into the lye, stirring constantly. Continue stirring until the soap is as thick as pancake batter. Pour into pasteboard or wooden boxes lined with greased paper or cloth. Cut into cakes when cold. Store and dry thoroughly before using.

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